



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Ohra Hörsel-Gas

□□□: 10:07:32

□□: 100

□□: 16.92 km/h  
□□□□: 3:33 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 1 (of 217)

□□□□□□: 10:07:32

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□□□□□: 1(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:01:47	3:35	2	0:22	2	0:22	17.20	1:01:47	3:35	1	-	1	-
Schildwiese	20.10	1:07:29	3:21	5	3:14	5	3:14	37.30	2:09:16	3:27	1	-	1	-
Neuhaus/ Gewerl	15.50	1:01:33	3:58	4	1:10	4	1:10	52.80	3:10:49	3:36	1	-	1	-
Triniusstein	21.60	1:15:48	3:30	3	1:44	3	1:44	74.40	4:26:37	3:35	1	-	1	-
Allzunah	15.00	48:18	3:13	1	-	1	-	89.40	5:14:55	3:31	1	-	1	-
Grenzadler	19.80	1:14:35	3:46	4	5:20	5	5:20	109.20	6:29:30	3:34	1	-	1	-
Nesselberg	13.80	48:58	3:32	2	0:20	2	0:20	123.00	7:18:28	3:33	1	-	1	-
Kleiner Inselsber	13.90	51:12	3:41	1	-	1	-	136.90	8:09:40	3:34	1	-	1	-
Hohe Sonne	19.70	1:08:24	3:28	3	2:40	3	2:40	156.60	9:18:04	3:33	1	-	1	-
Hörschel	14.70	49:28	3:21	1	-	1	-	171.30	10:07:32	3:32	1	-	1	-